

In Touch

The Occasional Magazine of **REVIVAL**
North Yorkshire



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www.revivalnorthyorkshire.com

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Hello to all our wonderful people!

We have had such fabulous autumn weather this year, dry and sunny. I hope we have a good winter with minimal snow and ice! This edition of In Touch definitely has an autumnal feel with an excellent Bonfire Night poem and reflections of Halloween. Enjoy reminiscing with local pilot Peter Jackson, farming memories from Mick Cockerem and our local connection with the Beatles - *yes the actual Beatles!*

Can you take advantage of the free mobile phone / tablet / laptop training in your own home offered by Age UK? Do your feet need some attention from Karen West, mobile Foot Health Practitioner, who some of you met recently at our Cuppa and Catch Up sessions?

You may find that our regular anagram is of higher quality than some of our recent attempts, many thanks to Elaine Hunt from Danby. Bears in Denmark, Trains in Robin Hoods Bay and local bus trips. I don't think we could have a more eclectic selection of articles!

~ Debbie x

The Three Bears go to Denmark

Revival participant Kathryn Jones brought her beautiful quilt to Sleights Show and Tell session and explained how the Three Bears visited Denmark.



I made this for a quilt competition sponsored by the Danish Butter Cookies Company. The three winning entries were to be featured on the lids of their round biscuit tins, so the design had to be circular, and depict a fairy tale. My quilt shows the Three Bears out jogging and Goldilocks cycling up to their house. I decided on the Goldilocks story and looked around for simple designs that I could adapt. I found the bears in a colouring book of Care Bears, (remember those cuddly bears with hearts on their chests?). Goldilocks was originally a long legged blonde doll called Daisy (who had clothes designed by Mary Quant !)

I had a lot of fun dressing them, and fitting them all into the circle. I got it finished by the deadline, and posted the little quilt off to Denmark. There were over a hundred entries, and they were all displayed at the Hans Christian Andersen Museum.

Later, the Bears' came home, carefully wrapped up, with a lovely letter, thanking me for taking part. The exhibition had proved to be the most popular that the museum had ever staged. I would have loved to have seen it.

DIGITAL CHAMPION PROGRAMME AT AGE UK NORTH YORKSHIRE COAST AND MOORS (NYCM)

Readers may already know Libby from Age UK who has visited many Revival participants at home and assisted them to claim various benefits to which they are entitled. Age UK has a new service offering 1 to 1 support with mobile phones and laptops etc. In the comfort of your own home.

WHAT DO WE DO? BASICALLY WE ARE COMPLETELY GUIDED BY YOU...



The Digital Champion Programme at Age UK North Yorkshire Coast and Moors is dedicated to helping older adults embrace the digital world and gain confidence in using technology. This initiative provides vital support to older people by offering personalized assistance with any online tasks, from learning how to use a smart phone or laptop or set up an email. Whatever your digital needs, we are here to support you in getting online. This might include use of the NHS app, shopping, banking, video calling relatives, applying for a Blue Badge, and we have even been asked to show someone how to use dating sites!

We provide this support through one-on-one or small group sessions with older adults (over 50s) focusing on the specific digital skills they wish to learn.

LOAN SCHEME

The programme includes a Technology Loan Scheme that provides older adults with the opportunity to borrow devices like tablets, laptops, and smartphones, along with internet access (data packages). This allows people to explore digital tools and see how they can enhance their lives without the immediate need for a financial commitment.

We are also actively seeking volunteers to join us as Digital Champions. If you are passionate about making a difference in your community and helping older adults become more digitally confident, we encourage you to get involved.

If you or someone you know would benefit from these services or are interested in volunteering, please contact **Age UK North Yorkshire Coast and Moors at 01723 339839**, or drop in from 9-4 at Age UK NYCM on Aberdeen Walk Scarborough, Monday to Friday. We also have drop-in sessions at the Filey Age UK shop from 10:30 to 12:30 on Wednesdays and at Next Steps Norton from 10-12 on Tuesdays.

We are now ready to roll out the Service in the Esk Valley and will be working with Debbie at Revival to organise sessions.

CASE STUDY OCTOBER 2024: Empowering S.L. to Connect with Family through Video Calls with the Digital Champions Programme

BACKGROUND: S.L., a 64-year-old retiree, had been feeling increasingly isolated after his children and nephews moved to different parts of the country. While he had a basic mobile phone, he lacked the digital skills to use more advanced communication tools. He had heard about video calling but found the idea of learning new technology overwhelming, especially since he had never used the internet or any mobile apps before.

THE CHALLENGE: Loneliness was becoming a significant issue for Mr. S.L., as he could only communicate with his son and nephews through occasional phone calls. He longed for more meaningful, face-to-face interactions but didn't know how to use video call apps like WhatsApp, which his family frequently used to stay in touch with each other.

JOINING THE DIGITAL CHAMPIONS PROGRAMME:

S.L. heard about the Digital Champions Programme through a friend. Realizing it might help him bridge the communication gap with his family, he decided to attend a one-to-one digital support session. He was determined to learn how to use WhatsApp for video calling and reconnect with his loved ones in a more personal way.

THE PROCESS:

During several personalised sessions with a trained Digital Champion, S.L. was guided through each step of using WhatsApp and making video calls. The lessons were designed to be simple and focused on his specific needs.

He learned how to:

- Download and install WhatsApp on a smartphone.
- Set up an account and add his son and nephews as contacts.
- Initiate and receive video calls on WhatsApp.
- Adjust settings like camera and microphone during calls to ensure the best experience.
- Troubleshoot common issues, like poor connection or volume problems, to make sure the calls went smoothly.

THE OUTCOME:

After just a few weeks of regular sessions, S.L. gained the confidence and skills to make video calls independently. He now frequently video calls his son and nephews, enjoying more engaging and personal conversations. The ability to see his family's faces, share stories and see pictures, and feel more connected, has greatly improved his sense of well-being.

Bonfire Night

By Mike Dorman

He came only for the embers
He came out of the rushes
past the birks up on the moor,
Disturbing twilight and the jacksnipe,
his footing was unsure.
Dishevelled and weary,
a cadaverous old shadow,
Tall, but bent and haggard,
a tattered trilby tipped his brow.
He walked down to the bonfire
with the crowds all gathered round,
There, unsettled by the commotion
of the fireworks spattering sound.
His life started with sparklers
of gentle childish joys,
Adolescence brought a vortex
like the rocket's urgency and noise.
Long ago he stacked
the wood upon the fire,
giving youth a certain notion
of what his life would soon require.
Responsibility and provision
for family and kin,
And caring and the nurture
of the loved ones there within.
The crackles and the spitting
like the feeling in his core,
when his enterprise succeeded
that thrill would last for evermore.
Gyrating flames and colours
were the passions that he knew,
the smoke; the disappointments
could be all-engulfing too.

The Catherine-Wheel was smoother,
a sophisticated friend!
The gentler times to savour,
Where love would never end.
I watched him gently linger
by the scenes unfolding parallels,
And kicking empty cases
of the fireworks' empty shells.
You can't relight the fireworks
that your life has gifted here;
You are only left with cold night air
Now all remains is fear.
Try and see the faces
of those who came before,
take comfort from the embers
on the fading bonfire floor.
He only came for embers,
staring to their warming glow,
A gentle reassured reminder
That he hasn't long to go.
I passed a cup of whisky
to his arthritic hands,
But it merely fell right through them,
in the ashes it did land.
"Clumsy Father!" I exclaimed
as the vapours caught the air,
But to my stunned bewilderment
Nobody was there.

Peter Jackson

Retired pilot Peter Jackson from Fryup shares his exploits in the air with our photographer/writer John Kenny.

The Second Most Feared Man on Base

Peter and I started the conversation at the beginning of his service with the RAF where he spent his National Service years. He didn't join as a pilot as that would have required a longer time commitment and at that age Peter was most interested in the land. He is still unsure why he ended up being assigned as a Dental Assistant to this day, he jokingly suggested it might have been because he looked a little blood thirsty!

Still, it appears that Peter had everyone in the chair at one time or another and met a lot of interesting people, pilots in particular. Perhaps keen to keep the Dentists on their good side a number of them offered to take Peter up in some of the fastest jets in service at the time, the "Meteors, Vampires, Varsity's, Valetta's" that made up the RAF at that time. Peter fondly remembers the characters he met, the old Flight Sergeants who had stayed on in the RAF after the war and how different things were then, such as being able to smoke in the cockpit!

There was one particularly little sortie that Peter mentioned, although he was unsure of the Flight Sergeants name. He recalls them going for a flight over the North Sea and the pilot deciding to buzz a few fishing boats by flying low over the water.

There was a definite fondness for the engines in the older aircraft as Peter talked. He very eloquently described the differences between them; "I have to say I like the piston engine it carries well; a jet is a bit characterless really. You get a straight push whereas you get swings with a piston engine and it's far more charismatic." I am sure some of us have a fascination for older cars so can appreciate this distinction, which neatly leads us into what Peter got up to after National Service.

The Road to Czechoslovakia

Following National Service Peter decided to learn to fly at Teesside Airport, having liked the Gypsy Major aircraft since he was a child. Les Povey, the instructor, used to fly Halifax aircraft during the war and was an outstanding instructor Peter remembers. Having received his Pilots licence, graduating on the Cherokee aircraft Peter saw a Gypsy Tiger Moth advertised for sale on the club noticeboard. Having expressed his desire to purchase the aircraft from Steve Marples in Sunderland, a deal was struck that involved Steve converting Peter onto flying it.

Flying the Tiger Moth involved a fair bit more work than most of the modern aircraft of the time, in part from

the need to use feet as much as hands. Of all the aerobatics Steve taught him, barrel rolls, loops and spins, it was the spins that Peter found most exciting to complete. Smith at Yearby was the examiner that Peter had to demonstrate his competency to in order to obtain his display authorization licence. Peter recalls that the examiner had a signature stunt that involved flying his Gypsy aircraft upside down, around what seemed like 6 ft above the ground, without ever apparently crashing. Turns out there might be a few old, bold pilots around after all.

Competing in classic car races as well as the flying, Peter met a number of individuals with similar interests and aircraft. When word got out that he was flying a Tiger Moth, old pilots used to get in touch to talk about the aircraft and their time flying in them. Sometimes Peter was commissioned to carry people in them. He flew an Air Vice Marshall from RAF Elvington to RAF Leconfield on one trip. One other memorable trip was flying George 'Ben' Bennions who received The Distinguished Flying Cross on 1st October 1940. Ken Hurst from Whitby was another pilot that Peter spent time flying with. Peter recounted a particularly challenging story that Ken had relayed from his time flying Canberra aircraft out of Germany at the time of the Cuban Missile Crisis. Along with the rest of his squadron, Ken's Canberra had been loaded with a particularly frightening payload with instructions that they were to launch if the missiles on the ships crossed a certain point. Fortunately, they were never given the order.

Peter's performances at air shows eventually led to himself and a couple of other pilots, "Taffy in the Spitfire, Austin Mercer in the other Tiger Moth" being invited to fly over to Czechoslovakia to perform at an airshow. What would take no time at all in the comfort of a modern passenger jet, was slightly more challenging in a biplane with none of the modern equipment available in other aircraft.

One of their first stops in Germany the Chief of Police had a model of a Tiger Moth, even down to the same colours of the airframe and was very moved to have seen a real one landing at his airport. In the town of Cobourg the landing strip was only around 2000 ft long and had to be approached between a castle and a forest. Landing safely Peter found he had actually knocked one of his tail skids off. Booking the aircraft in at the control tower, the air traffic controller asked if they had visited before.



The pilots all said they hadn't, although Taffy's Spitfire was a Photo Reconnaissance model and had spent plenty of time over the country during the war. Peter remembers enjoying a respectable amount of German white wine before they resumed their journey.

On the way back from the air show the group ran into a bank of fog in the channel which settled from above thereby reducing their ceiling for flying to about 200 feet. Peter confides that fog was one of the most unwelcome difficulties when flying a plane where the only modern convenience is a radio. Navigation mainly being done by eyesight, using landmarks for visual reference, a compass and a map.

Travelling up to Scotland to visit a fellow enthusiast, Sir Charles Ferguson, Peter expanded a bit on how he navigated during a flight. He said that by establishing way points along the route, he could identify how much the plane was drifting in the air by where it was in relation to the waypoint when he reached it, then adjust his heading accordingly for the next point. This of course is what made flying in fog such a challenge. Always curious about things that might go wrong, I asked if he had any other memorable encounters when flying in fog.

The Fog

Technically called a Certificate of Airworthiness, this annual checkup of the aircraft required Peter to fly to Boston. On the occasion in question, Peter took his son along for the ride. Following a fine start to the trip, they had only made it as far as Bridlington when the fog came in. Rather than appearing from the side, the fog seemed to drop from above with very little warning. With the fog rapidly reducing the height at which he could fly, and his options narrowing, Peter had to find a suitable field to land in. There was only one field that he could still see, but he couldn't tell how long it was. Running out of options, he can still recall the knot in his stomach at the prospect of trying to land in such hazardous conditions.

Once the fog had lifted, Peter was amazed to see that it was surrounded by houses and was even shorter than he had feared. In order to maximise the space available to take off, he pulled the tail of the aircraft tightly into the hedgerow bordering the field. With his heart in his mouth, Peter put the aircraft into full throttle, trying to get the tail up as quickly as possible. Barely reaching takeoff speed Peter felt the Tiger wallowing in a semi stalled condition as they cleared the edge of the field and surrounding houses.



I asked if the strange sight of a biplane taking off in the field outside your house drew the attention of any residents? Needless to say Peter didn't hang around long enough to find out.

I only crashed it twice. After talking about the near misses in the fog, I was curious if the plane had suffered any further rough landings. Surprisingly the aircraft had suffered not one but two crash landings during the time Peter flew it.

Flying as part of the display at Sunderland Airshow, on the site of what used to be RAF Unsworth. Taking off without any issues the Tiger Moth engine stalled at about 200 feet. Peter explained that the only way to restart the engine would have been a steep dive until he reached 70 knots, then by pulling back sharply on the stick the propeller would restart. On this occasion, due to the lack of height, he had to glide the aircraft into an adjacent field whilst carefully avoiding overhead cables. The Barley in the field quickly wrapped around the undercarriage which rapidly slowed the aircraft before flipping it upside down. Safely secured by his harness, Peter confessed to being unhurt but forgot about the distance he had to travel before releasing his restraints. Falling straight down onto his head was unfortunately the end result of the day's mishaps.

The second time he crashed was coming into land at nearby Ladycross. Whilst coming into land a cross wind caused him to clip the tree tops and lose too much air speed which again resulted in a stall. Remembering that he was upside down, Peter took a little more care extricating himself from the aircraft.

Peter decided to hang up his goggles when he turned 86, reflecting that he had made the most of the opportunities that had been afforded him during his flying career.

Childhood Memories

Mick Cockrem from Sleights shares some memories of his childhood from Weetwood Farm, rented by his parents from the University of Leeds.

During the war we had two prisoners of war that stayed with us and worked on the farm. I was just a little boy at the time but I can still picture them. One was Italian and the other German. The German man was very clever and made toys for us at Christmas out of wood with lots of moving parts. He could yodel as well. He took an old fire extinguisher and knocked both ends out and yodelled through it – the cows came running!

We had a lovely Labrador cross Alsatian – it was a grand dog. I remember the German man saying 'look after my dog while I'm on holiday in Germany' but it was the end of the war so he didn't come back. My mam used to sell eggs and dressed poultry from the farmhouse and the dog was always really good until the customers went to pick up their shopping baskets to leave and the dog would go mad barking and carrying on. I think he thought they were stealing so my mam always had to carry the baskets out of the house!

Nature is a wonderful thing and I saw a couple of things happen that I will never forget when I was a child on the farm.

As a lad I was always fascinated by sows when they were getting ready to farrow (give birth). There were no fancy farrowing crates then. We had a Tamworth cross sow and I used to watch her make a nest, chew and place, chew and place, any materials she could get hold of. One day I went into the pen and this pig



Tamworth Piglets (Photo by Eva Bronzini)

turned on me and I had to jump out over the gate as quickly as I could! I knew then she was ready to farrow so I opened the gate and she ran off into the woods. She had made a nest of chewed holly leaves near a tree. She had 11 or 12 piglets and everyday she would come back to the farm to be fed. This was an amazing site as the piglets followed her, in single file, every time!

I recently saw a sparrowhawk in the nest of a blackbird. I couldn't believe my eyes when the blackbird attacked the sparrow hawk - it was vicious. It's normally the other way around, sparrowhawks can eat a blackbird for breakfast! It just shows how protective they are of their young. Nature - it's a wonderful thing.

Heather Hopper Trips

04/12/24 Lunch Club Christmas Dinner

07/12/24 Northallerton (Market Day)

09/12/24 Heather Hopper Christmas Dinner

13/12/24 Lealholm Shop, Tea Room & Poet's Cottage

16/12/24 Skelton Shopping Park

08/01/25 Lunch Club

14/01/25 Victoria Farm Garden Centre/Cafe

*Bus trips from Danby/
Castleton Area*

Phone Liz: 01287 660416

or Sally: 01287 660190

for more information and to book.



Our Julia met *The Beatles!*

Julia and Frank Brierly from Staithes have been with Revival for many years. Julia tells us how she not only met the Beatles but helped them write a song!

When I was 18 I worked in a café called Square Rigg Cafe in Runswick Bay, and I loved it! It was only small and the kitchen was downstairs.

One day in the summer of 1963 – you will never guess who walked into the café – The Beatles! Yes, the real live Beatles – all four of them!

They sat at a table and I took their order – they were really friendly. They ordered coffees so I went downstairs to boil the milk in a pan, we had no fancy coffee making stuff then!

John Lennon asked my name and when I said Julia he said "come and sit and talk to me, my mum's name was Julia".

It can take a while to boil a big pan of milk so I kept running up and down the stairs and saying "It won't be long now!". I said it so many times that The Beatles started to sing it! "It won't be long now, It won't be long now."

And there, at that very table, in the tiny café in Runswick Bay, they wrote and sang the first track on their second album "It won't be long now".

'With the Beatles' was released on 22nd November 1963 and was their second UK album. It had 14 tracks including the 'Please Mr Postman' and 'Roll Over Beethoven' and sold 1.1 million copies.

The Beatles are the best-selling music act of all time, with estimated sales of 600 million worldwide.

It was while Julia was at Square Rigg Cafe that she met Frank who was working close by at Richardson's farm; they could wave to each other through the dairy window! Frank and Julia were married at Staithes Catholic Church in 1965, Julia was 17 and Frank was 20.



Frank and Julia's Wedding Day



"It won't be long now..."



Did you see... TV Review with Annie Kirby

Welcome to another T.V. Review as we enter the cold dark months of autumn and winter. These months present peak viewing opportunities so there are no excuses not to watch T.V.

Following my last review, I had feedback from a friend who agreed with me on a couple of programmes, well mostly he agreed. Very pleasing though.

NIGHTSLEEPER - BBC1 & iPlayer

This drama-thriller has six episodes of 45 minutes each. It is set on a train travelling overnight from Glasgow Central station to London Euston a distance of 410 miles which takes 316 minutes. It was very exciting from the word go and when I had finished watching Episode 1 it left me feeling very keen to watch the next. Episode 2 was equally as exciting, though I had the feeling that it was going to be hard for the script writers to maintain the level of suspense and sure enough, in later episodes they resorted to throwing in a couple of truly gruesome events. During the course of the drama, I suspected each character in turn of being the "baddie" and ignored the true culprit although looking back, all the clues were there. No spoilers but two things still rankle with me. Why didn't they get off the train at Motherwell when they had the chance and why did nobody actually look inside the pram?

ABANDONED RAILWAYS FROM ABOVE. - Channel4.

In contrast to the previous programme, this is calm and relaxing – a docuseries exploring Britain's lost railway lines, their individual stories and beautiful scenery. As someone who was born and brought up in Stockton, I was hoping it might start with the route from Stockton to Darlington, being the birthplace of passenger carrying railways, but no. I was however drawn to Episode 3 which was about the Scarborough to Whitby line. It's twenty miles long and took thirteen years to build due to the very rugged landscape.

At first Scarborough hosted wealthy visitors who stayed for six weeks at a time and visited their Spa waters. Then enlightened mill owners from West Yorkshire used to hire complete trains for their workers to be able to have a holiday by the seaside. Bass Brewery hired fifteen trains, two hundred and twenty-five carriages, to transport their employees. This brought fame and fortune to Scarborough and so it soon became our first seaside resort.

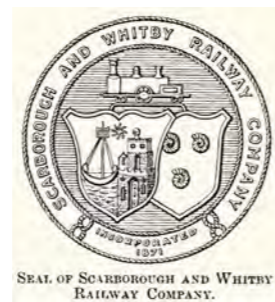
The line has been abandoned for eighty years now but there are still examples of the Victorian architecture such as the old Parcels Office which is now a contemporary Art gallery. Buildings like this keep the memories and history alive.

Along the line is peaceful Hayburn Wyke, with waterfalls being a big part of the attraction. This line used to transport personnel and equipment to Bent Rigg radar station during the war.

Ravenscar is approximately halfway between Scarborough and Whitby and is known as the town that never was. Ambitious plans for development there failed despite several businessmen's efforts.

I was particularly interested in Larpool viaduct which contains five million bricks and was an engineering challenge. It's a flat

track with stunning views and looks to be just my sort of walk. Various factors led to the demise of this railway line. Evidently this was because plans became too ambitious and impractical. At this point I had planned to develop the Railway theme and include a third such programme, the World's Most Scenic Railway Journeys with Bill Nighy. The route from Kyle of Lochalsh on the West coast over to the East features in Series 1 Episode 1. However, on ITVX it's deemed necessary to pay for the pleasure of watching it. I'll just recommend that you do watch it but make sure you access it on channel 5, where it's free for the moment.



Robin Hoods Bay Railway Station.

AMOL RAJAN INTERVIEWS - BBC2

Amol Rajan seems to be the man of the moment as he also hosts University Challenge and presents Radio 4 morning programme "Today." I hope he's not going to do the same as Alexander Armstrong who, some think, is getting to be ever so slightly over exposed.

In his series of interviews, 45 minutes each, he talks to a variety of personalities – Tony Blair, Greta Thunberg, Sheila Hancock, John Major, Djokovic. He's very polite but still asks probing questions.

I chose to watch the Piers Morgan episode, a man I'd heard about, but I wasn't sure why. I thought he was a bit of a marmite person. Losing his father when he was very young gave him a strong drive and as a boy he used to practice writing his signature in preparation for fame. He was very close to his mother and this fact alone made me think that he can't be all bad! He described himself as confident, resilient and a narcissist and was made editor of News of the World when he was only twenty-eight where he printed two years of "scoops". He was known for having feuds with people like Jeremy Clarkson, Prince Harry and Meghan Markle. He gained fame for walking off his breakfast television programme when challenged about his behaviour towards the Royals.

In retrospect, he was probably not the best personality to watch as the content became rather unpleasant and gossipy. I should have chosen someone else, but it has made me interested to watch other episodes and personalities.

Now, winter draws on. *Where's that remote control?*

HALLOWEEN with Helen Searle



Happy Halloween?



Beautiful bats, glorious ghosts, and precious pumpkins... defining Halloween.

A 'happy' greeting is something that we often associate with Christmas or birthdays, but where does 'Happy Halloween' come from?

Amongst the pumpkins, bats, ghosts, themed food and drink and parties, dressing up, and the infamous 'trick or treat,' where did the celebrations originate from?

October 31st is a time to get dressed up as a ghost, a bat, something spooky or a creepy character and attend a themed party or go 'trick or treating.' Young people go bucket or bowl in hand door to door shouting 'trick or treat,' either playing a minor trick on the person who answers the door, or they receive a treat depending on whether the person says 'trick' or 'treat.' The sugar contents of the night may often last till Christmas!

Some people often take part in pumpkin carving and dig out the contents of a pumpkin to create a mouth, nose, and two eyes then light the inside up with a candle or tealights.

Others prefer a night in with a Halloween-themed film and an accompaniment of spooky snacks in the shape of ghosts, bats or similar.

Reference: History.com Editors (2024) Halloween 2024. Available at: Halloween: Origins, Meaning & Traditions | HISTORY (Accessed Friday 4 October 2024).



ILLUMINOUS ILLUSTRATIONS



Looking out into the darkness,

A column and a row,

Of glowing faces,

Melting chocolate gliding through welcome hands,

Trick or treat?

Treat or trick?

Pretend or real?

Celebrate the unknown,

Protect the unknown,

Be the unknown.

Glow near,

Glow far.



North Yorkshire Council Bus Trips

MUST BOOK IN ADVANCE

PHONE 0300 1312131 and ask for details on Buses DR10 and DR18

* Thursday Bus trips from Danby/ Castleton area *

Minibus Thursday's from Danby (outside fire station) 9.15am then on to Castleton to collect.

Alternate between trips to Whitby and Guisborough.

Use this service or lose it!!

Best Foot Forward

Debbie interviews Karen West from Sole Solutions



Karen West of Sole Solutions, during her talk at Danby Village Hall Cuppa and Catch-Up.

Hello Karen

Thank you for coming along to our Cuppa and Catch-Up sessions in Danby and Sleights. We have had some great feedback about how informative your sessions were. I thought it would be useful to have some information in our magazine for people who were unable to attend.

Have you always worked in foot care?

No, my first job was at Lealholm Post Office, followed by W. Eves in Whitby. My first clinical position, in 2009, was as a dental nurse. In 2021, I moved into the foot healthcare sector, qualified as a Foot Health Practitioner in August 2023, and shortly after, started my own business, "Sole Solutions."

What interested you about working in footcare?

The opportunity arose for me to retrain and work in foot healthcare, which allowed me to treat patients directly - something I had always wanted to do. As someone who has suffered from sore feet for many years, I understand how this can impact everyday tasks.

I believe that most situations can be improved, whether through treatment or education. When people experience reduced mobility due to pain or

discomfort - especially in their feet - their risk of falls or isolation increases as their confidence decreases.

Feet are generally low on people's list of priorities, and I want to change this mindset.

Caring for your feet should not just be seen as a luxury, but as a necessity.

What is the difference between podiatry and chiropody? What are the qualifications that you have and what did you have to do to get them?

There is no difference between Podiatry (Podiatrist) and Chiropody (Chiropodist). The term chiropody is traditionally used in the UK but the term Podiatry is recognised and used more internationally.

My qualification is a Foot Health Professional Diploma. My title is Foot Health Practitioner Dip FH. I studied with the SMAE Institute in Maidenhead, which was founded in 1919 and is the longest-running independent provider of Foot Health training in the UK. They are also the only institution in the UK to offer a University Credit Rated Foot Health course, accredited by Queen Margaret University, Edinburgh.

I completed 12 months of distance learning, followed by two weeks of practical training at the

SMAE Institute. During this time, eight students, including myself, treated 300 patients with various foot and leg conditions over nine days.

Why is foot care so important? Does it become more important as you get older or if you have certain health conditions?

Keeping your feet healthy is crucial for maintaining mobility, balance, and overall safety. Foot health can also reflect your general well-being, often signalling conditions like diabetes or heart problems. Foot issues not only impact the lower limbs but can significantly affect your quality of life. Proper foot care helps prevent pain and other health issues, such as hip and knee pain.

As we age, it's essential to prioritise foot care, and it goes beyond just trimming your nails. There is an increased risk of developing peripheral neuropathy, particularly if you have been diagnosed with diabetes. This condition can cause symptoms like pins and needles, numbness, and pain in the hands and feet, making you less likely to notice how cold your feet get or any injuries they may sustain. Such unawareness can lead to infections if not addressed promptly.

If you have any type of pain or discomfort in your feet this can alter how you walk. As you try to avoid the painful area, you are no longer walking in a stable position which can increase the risk of falls. Swollen legs or ankles can be uncomfortable, it also increases the risk of leg or ankle ulcerations. It may also be a sign of underlying systemic health conditions.

What are the most common foot problems you see?

- Fungal nail infections
- Long thickened nails caused by trauma
- Callus (Hard Skin)
- Athletes Foot
- Corns

Can you explain what happens in one of your foot care appointments please?

Your initial appointment includes a neurovascular and vascular assessment, using a Doppler or ultrasound to check the pulses in your feet, which helps evaluate the health of your blood supply. A sensory check using a monofilament is also

performed to assess nerve health in the feet.

I ask about any aches, pains, or cramps in your legs, as these can be signs of peripheral vascular or arterial disease (PAD).

Foot care and diabetic healthcare advice are provided, along with footwear guidance if needed. Treatments such as nail trimming, thickened nail reduction, corn and callus removal, cracked heel care, and treatment for certain ingrown toenails are carried out as necessary. Most patients favourite part of the appointment is when I apply foot cream at the end.

When would you refer someone to another foot care professional?

Referrals are necessary when a condition is beyond my scope of practice. For instance:

Foot or leg ulcerations would require a referral to the patient's GP practice, specifically to a District Nurse for follow-up care.

Ingrown toenails extending more than halfway down the nail would need a referral to a podiatrist for treatment options.

Foot pain that requires specialist diagnostic tests or treatments would also warrant a referral.

What are your top tips for looking after your feet?

My top tips for looking after your feet are:

- Cut and file your nails properly.
- Moisturise daily to keep the skin healthy.
- Wear well-fitting shoes.
- Keep your feet warm and avoid walking barefoot.
- Maintain good foot hygiene and make sure to dry your feet thoroughly.

Many thanks Karen.

For a home visit, foot healthcare appointment please phone Karen on: **07774 286121**
~ Sole Solutions



QUIZ! TIME!

ANAGRAMS

Theme: *Bonfire Night*

- | | | |
|--------------------------|---------------------------|----------------------|
| 1. ACORNS AND ELM | 7. MONTH OF FIB FEVER | 12. RESTOCK |
| 2. RILE NEW CHEETAHS | 8. GAVEL WORMS | 13. HICK CRAFTS |
| 3. FINE GIN BROTH | 9. UPLOAD LUDICRIUS FOLLY | 14. HELP SWINE |
| 4. PET POUND GROWL | 10. BATHE BLOB | 15. THE SPINY CROC |
| 5. FAST UNION | 11. GAWKY FUSE | 16. PUNY FROTHY GENE |
| 6. RUBBING SCARFED SHEEP | | |



Useful Telephone Numbers



Debbie Revival North Yorkshire	07970 955407	Help and support. Information for our In Touch magazine.
Marina Godley Revival North Yorkshire	07458 314552	Admin / Accounts
Heather Wort Revival North Yorkshire	07458 314556	Upper Esk Valley Support Worker.
Tina Dixon Revival North Yorkshire	07458 314565	Lower Esk Valley Senior Support Worker.
Sharon Knights Revival North Yorkshire	07957 987431	Lower Esk Valley Support Worker.
Emergency	999	Fire, police and ambulance.
Non-emergency Police	101	To give information or to report a minor incident.
NHS Direct	111	Urgent medical problem and you're not sure what to do and Covid-19.
Whitby DAG Disability Action Group	01947 821001	Help for people with a disability.
Citizens Advice Bureaux	Scarborough: 01723 368710 National Helpline: 03444 111444	Free confidential advice: • Housing • Benefits • Faulty purchase • Money • Law
Dementia Forward	0330 0578592	Supporting people affected by dementia across North Yorkshire.
Carers Plus Yorkshire	01723 850155	Support for unpaid family carers.
North Yorkshire Council	0300 131 2131	Inc. Benefits and Cost of Living Support etc.

Disclaimer: We have done our best to provide you with the most accurate information we can. We apologise in advance for any discrepancies.

Image Acknowledgements:

Page 3 - Bonfire Photograph: Photo credit Jens Mahnket - Pexels.com

Page 12 - Question-mark-sign-speech-bubble-style: Designed by starline / Freepik.

QUIZ ANSWERS - 1. ROMAN CANDLES 2. CATHERINE WHEELS 3. BONFIRE NIGHT 4. GUNPOWDER PLOT 5. FOUNTAINS
6. BEEF BURGERS AND CHIPS 7. FIFTH OF NOVEMBER 8. WARM GLOVES 9. LOUD COLOURFUL DISPLAY 10. BOBBLE HAT
11. GUY FAWKES 12. ROCKETS 13. THICK SCARF 14. PINWHEELS 15. PYROTECHNICS 16. PENNY FOR THE GUY